

Academica
Schola Saluberrima
The *N. No. 3706*

OECONOMY
of
HEALTH.

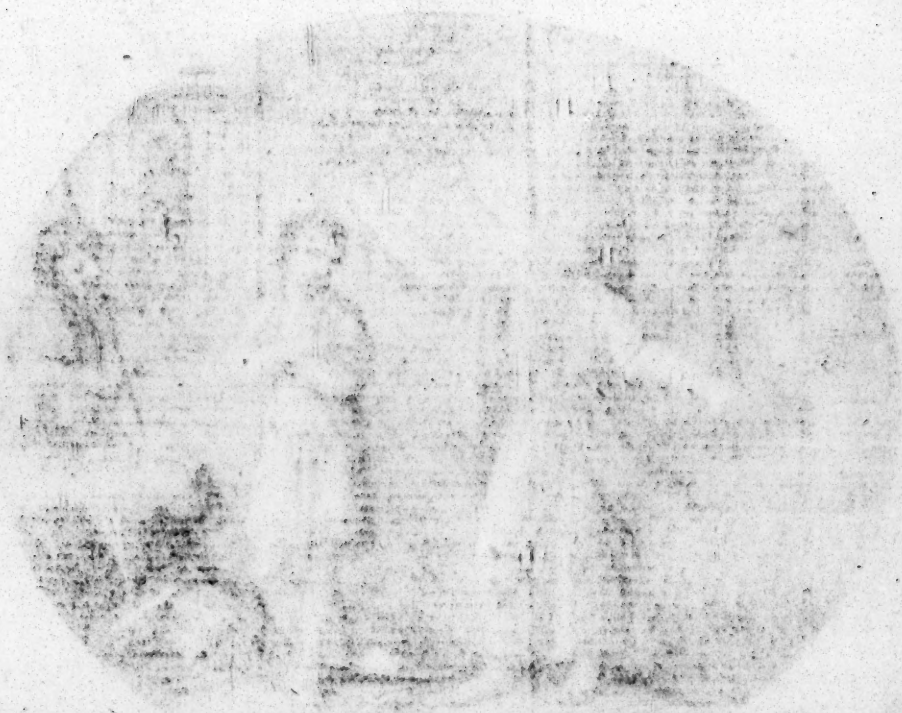


Sold by, M. Almon, Piccadilly, & M^{rs}. Beckel & De Hondt in the Strand, & M^{rs}. Newbery, St. Pauls Church Yard.



HT

HT



A N
A C C O U N T
O F T H E
S C H O L A S A L E R N I.

AS it may be an object of curiosity with the reader of this poem, to be informed by whom, and upon what occasion it was originally written, it is hoped the following account will not be unsatisfactory.

Robert, Duke of Normandy, eldest son of William the Ist. King of England, and heir apparent to the crown, engaged, with many other christian princes, under Godfrey of Bulloign, to attempt the recovery of Jerusalem, and the Holy Land, out of the hands of the Saracens, in the year of our LORD 1099. They carried the city by assault, and put 40,000 Saracens to the sword. During the siege and storm, Robert endeared himself so greatly by his valiant exploits, and a most amiable disposition, that he was, by the general

suffrage of his victorious companions, proposed to be crowned King of Jerusalem. Some say his great modesty caused him to decline the offer; but it is more probable that he did not accept that honour on account of his very infirm state of body at that time: for, during the siege, he had received a wound in his arm, which baffling the skill of his surgeons, became fistulous, and reduced him to a condition so very low and attenuated, that 'tis probable he judged it more prudent to turn his attention towards the attainment of health, than to follow the sollicitations of ambition, in pursuit of any additional sublunary dignities. Wisely preferring the enjoyment of good health to the possession of crowns and scepters, he determined therefore to return to his native country by the way of Salerno in Italy, the most famous school of medicine in the world at that time, to consult the faculty there upon the proper methods of reinstating his constitution.

This resolution he accordingly put in practice. John of Milan, the most celebrated physician of
the

THE SCHOLA SALERNI. v

the age, and one of the professors of medicine and philosophy in that school, was appointed to write, in the name of the whole university, * a proper regimen for this illustrious patient, which should not only contain instructions whereby he might be relieved of his present malady, but also, by duly observing the same, enabled, without farther advice from physicians, to secure a continuance of the good health so retrieved. For the benefit of this Prince therefore the poem, called the *Schola Salerni*, or Regimen of Health, was composed; constituting a valuable compendium of salutary instructions, selected from the writings of the most eminent among the Greek, Roman and Arabian physical authors. These salutary admonitions are given, not without some method and judgment, in the concise form of precepts, which, in the original, are delivered in a stile and manner so peculiarly energetic, compact and precise, as to make a

* The frontispiece represents Prince Robert receiving from John of Milan this Poetical Regimen, engraved by Mr. Delatte, from a drawing executed by the inimitable pencil of Mr. Cofway.

deep and durable impression upon the memory, and for that reason to be easily retained, if perused with but a moderate share of attention. And as a proof of the rectitude of the doctrine they comprehend, our Prince, who was the illustrious occasion of this poetical composition, by adhering to their instructions, speedily recovered a good state of health, and married a lady in Apulia, with whom, a short time after, he returned to Normandy, where he found, that in staying to get his health he had lost a crown. For in the absence of Robert, who delayed his return longer than was expected, or judged proper by some of his friends, his father, William the 1st. died, and his brother, Henry the 1st. taking advantage of the opportunity, caused himself to be crowned King of England. Nor did this violation of fraternal respect satisfy the usurper's ambition; it even grew stronger as he ascended: he was scarce returned to Normandy, but Henry took occasion to quarrel with, and very soon dispossess Robert of his dukedom; who, after a cruel and unremitting persecution

secution, from this ungrateful, unnatural, avaricious brother, and nefarious usurper, was imprisoned in the castle of Cardiff, where this most amiable, magnanimous and benevolent of the sons of William the Ist. resigned the life which had been preserved for upwards of 40 years, greatly, as may be presumed, by his due observance of the valuable instructions and precepts which are here recommended by the university of Salernum (as before observed) then esteemed the first school of medicine in Europe: for Dr. Friend informs us, That Benjamin of Tudela, a famous Jew, returning from his travels over the greatest part of the then known world, A.D. 1165, commends Salernum for the best seminary of physic among the sons of Edom (i. e.) the Christians. Now a space of 60 years only intervened between the first appearance of this poem, and the period when that renowned traveller wrote the foregoing recommendatory account of this university, we may presume, therefore, that at a previous date of so little distance, this university maintained a degree of conspicuous eminence for it's medical

lite-

literature ; and doubtless was the just reason for it's being honoured with a visit from the Duke of Normandy.

It must be allowed, some of the more minute materials employed in the structure of this work, may seem at this period to have an obsolete and antiquated aspect. This indeed but little affects the propriety of it's instructions, which are certainly replete with solid, useful and practical information. Peculiarities of phrase, and modes of sentiment, will be duly estimated, and proper allowance made in their excuse, by all such candid judges as are able to examine and ballance them with the times, the customs and contingencies under which they were adopted. To censure them by the modern standard of critical severity, would be exactly like a malignant and spiteful abuse of the person, figure, features and air of a most beautiful woman, because her dress was that in fashion a few centuries ago. And can we fairly condemn a fine piece of very useful information, because of a few such frivolous imperfections ? When this poem was

writ-

written, quibbling was valued as refined wit ; and a man of the first rank might, in the first company, pass off a pun, or even smile at one, without incurring any retort from ridicule. It was the envied talent of the times, and he was but counted a man of mean abilities, who had not some knack at it. Nay, this pruritus of wit had indeed so generally infected the age, that it was reckoned a proof of barren parts, if a writer did not sometimes condescend to piddle a little at it, either for his own or the reader's amusement. When our author then assures us that mint is a sovereign vermifuge, are we to condemn his doctrine on account of the gingling expression in which he delivers this instruction? Could he have spoke with more explicit brevity?

Mentitur mentha, si sit depellere lenta

Ventris lumbricos.

Perhaps the only good apology admissible for this sort of affected verbal wit, like the best excuse to be offered in defence of metre at the end of our verses, is, that it often proves a very powerful

aux-

* AN ACCOUNT OF

auxiliary to memory; and frequently those who would otherwise forget the good sense, and lose the benefit of a valuable expression or sentiment, by the gingling oddity of this gothic wit, have it so deeply engraved upon their minds, that by catching upon these preposterous excesses, they can readily reproduce the full piece occasionally. This is, doubtless, a subservient reason why the poem of Hudibras is more frequently cited than even Milton's Paradise Lost; the finest piece in the English, or any other language; and is certainly the reason why many lines in the *Schola Salerni* are so common in the conversations of learned men.

It must be admitted, that there is perhaps too frequent an indulgence in this fashionable whim of the age in this poem; which nevertheless, with all its imperfections, is a convincing proof that good precepts, and sound interesting sense, tho' delivered in monkish rhimes, and bad verses, will engage a more durable respect, and be more generally perused, than the most melodious sing-song, or elegant nonsense. Energy of sentiment, rather than refinement

ment of diction, and usefulness, rather than ornament, are the just objects of a medical didactic poem. We must not be surprized then to find our author so very intent upon instruction, that he has not even introduced one metaphor, or poetical image, to embellish his lines, or divert the reader's imagination. It was his sole aim to instruct. So devout an adherent to rigid precept could not dedicate a sacrifice to the Graces. Had Lommius paid due attention to these considerations, probably his learned comment upon Celsus had contained something more candid and judicious in place of the severe words he vented against this poem, viz. *Vix scio, an quicquam, in litteris medicorum, inellegantius sit, aut indoctius*. For it may be presumed from the context, that this remark was merely a piece of verbal criticism; not levelled at the manner, matter or method of this work, but particularly against the affectedness of it's stile and the quaintnesses of it's language; as if he had not permitted himself to recollect, that choice of phrase, and elegance of diction, were not the accomplishments of that unrefined period which produced this poem.—It may not be impertinent here to

observe, in farther vindication against Lommius's illiberal invective, that among the most illustrious medical authors which Europe has produced for three centuries past, there are but very few who have not, at one time or other, testified their approbation of the *Schola Salerni*, by citing some of it's verses in their writings. In short, with all it's frivolous imperfections, this poem has, in many ages, been held in estimation, not to say universal admiration; and as a peculiar mark of distinction, was, in some of the later editions, published by different learned editors, re-entitled, *Flos Medicinæ**, or the Flower of Physic: under which, and various other names and titles, it has been translated, with annotations and explanations, into many or most of the European languages; in which various dresses, it has seldom failed to obtain a favourable reception among such readers as had discernment enough to see the excellency of good admonitions, and the utility of solid instructions, on so interest-

* Hoc opus optater, quod Flos Medicinæ vocatur.

THE SCHOLA SALERNI. xiii

ing a subject; which, as the great Lord Bacon emphatically remarks, "COMES HOME TO EVERY MAN'S BUSINESS AND BOSOM."

In the 14th century, being 300 years after it's first appearance in the world, Arnoldus de Villa Nuova, who was, perhaps, not unjustly admired as the most profound philosopher and illuminated physician of that age; entertained so good an opinion of this poem, that he thought he could not more effectually recommend himself to the Prince Frederick of Naples and Sicily, and his subjects, than by republishing it, addressed to that monarch, *for his use*; together with his own learned and elaborate commentary, illustrating it's obscurities, and exhibiting the various authorities upon which it's doctrines are founded; by which he obtained no small addition to his extensive reputation. And the learned Moffat says, in his time it was accounted of by many as the Heathens did of Apollo's Oracles.—The partiality of former ages in favour of this work, is no object of surprize, if we consider that this was not only the first medical didactic poem

we know of, ever written ; but that it was also much superior to any thing of the kind which those gothic ages had produced—perhaps, even succeeding ones, have not furnished one more useful and more instructive, so concise or so retainable to memory.

The author of the following translation has endeavoured to give the perfect sense of the original, in a manner as succinct and close as he possibly could, consistent with his intention of avoiding obscurity, without attempting to preserve any resemblance of those quaint expressions, or gingling false ornaments, which the Latin text is accused of having too frequently admitted ; and has presumed, he hopes not unpardonably, sometimes to raise the dignity of precept, by giving it a more graceful and poetical diction ; but this is an indulgence he has been very cautious of assuming. Wherever this liberty has been taken, he persuades himself that the sense is thereby rather illustrated than clouded ; for he was not willing to perplex the simplicity of a medical poem by too great a glare of poetical imagery.

He

He has endeavoured to engage the reader's fancy without embarrassing his comprehension, or suffering figure to predominate over precision.

The reader is also desired, without farther apology, either to pardon, pass over, or obliterate, as he judges proper, those lines which are interspersed thro' the poem, printed under double commas—the *Schola Salerni* is not accountable for any of them—their author thought they might not in general much displease the public, as they give this work the air and appearance of a modern composition; but if those who peruse this piece should have a less favourable opinion of them, they are intreated not to suffer hypercritical severity to supercede literary candor; but to recollect, that inadequate execution, should conciliate some lenity, where universal benevolence, animated the delinquent. A generous mind will rather incline to consider him as unfortunate than unpardonable.

The Reader is requested, instead of line 7. page 23.
to insert,

The vermil lip, stains like the blight of death ;
which, by some mistake, was omitted in printing
that sheet. He is likewise desired to correct with
his Pen any Errors he may find in this Work, but
particularly the following ;

In the preface, p. vii. l. 21. for, this university,
read, it

p. 8. l. 1. read whatever

p. 9. l. 21. r. vol'tile

p. 12. l. 17. place the comma after the word perry

p. 25. l. 12. for boil'd r. baked

p. 28. l. 10. for his r. her

p. 39. note, l. 3. r. naturalist

p. 39. l. 3. r. Alopecias

p. 48. note, l. 14. r. dejection

p. 56. l. 10. instead of, And your triumphant,
r. And triumph stretch your

Advertisement.

THE following Poem is particularly intended for young people, or those, whether young or old, who have just begun to feel that health is worth something; it shews in a few lines, and easy to be remembered, what is indispensably necessary to the recovery, preservation and continuance of Health. Except to the faculty, to know more of medicine might be too much; less, too little. There is a salutary mediocrity in medical knowledge, convenient to a sound state of body and mind. Tissot and others have sagaciously numbered among diseases the reading of physical books. The ŒECONOMY OF HEALTH has at least the negative recommendation of being perfectly void of dangerous effect. *A great book a great evil*, was a Greek adage,

ADVERTISEMENT.

adage, perhaps particularly pointed at physical works. But the precepts here recommended from the school of Salerno, on a subject very interesting to happiness, appear adequate as well as concise. A discerning reader will easily be persuaded to give up a little time to those who have laboured to concentrate the force, to extract the quintessence of voluminous wisdom. It is a good observation, that few men publish a big book, but those who want industry to write a small one.

THE
OECONOMY
OF
HEALTH,
FROM THE
SCHOOL OF SALERNO.

TO England's King*, the whole Salernian school
Have wrote this form of salutary rule.
Health when enjoy'd to keep, when lost to gain,
Expel dull cares, and anger deem profane :
With caution drink the grapes insidious juice ;
Be small the portion'd meals you nightly use :

* He is here stiled King of England, but as he never was King,
we may therefore suppose it merely a title of courtesy to him, as
heir apparent to the crown of England.

2 THE ŒCONOMY

Rise after meals, sleep after dinner shun ;
 When nature moves to ease, her will be done :
 If due regard these admonitions gain,
 Long, glorious Prince ! shall last your happy reign.

Should you physicians want, and none attend,
 These universal three we recommend;
 These sov'reign three you every-where may find,
 Repose, with Temperance, and a chearful Mind.

Betimes each morning let the limpid rill
 It's coolness o'er your hands and eyes distill ;
 " Plung'd in refreshing streams at early tide,
 " Your feet be indurate and purify'd ;
 " This melts their glewy folder from the pores,
 " And to pleas'd nature liberty restores ;
 " Her system reprobates obstructed doors.

With gentle exercise the limbs extend ;
 Blest exercise ! to health the noblest friend !
 Nor scorn to order with industrious care
 The teeth and flowing ornament of hair :
 This purifies the head and cheers the brain,
 From that the limbs and senses vigor gain.

" Toil

“ Toil wears the body ; moderate exercise,
“ To help the springs of life, fresh oil supplies :
“ Distinguish well ’twixt exercise and toil ;
“ Life’s engine can’t endure without it’s oil.
Warm from the bath emerg’d, avoid with care
Exposure to the penetrating air,
Or moderately move about or stand ;
All food, a while, be prudently refrain’d,
’Till, by degrees, grown cool ; ’twere rash ’till then
To venture forth in open air again.
“ If the cold-bath be good or bad, you’ll know
“ By the succedent shivering or glow ;
“ If chill’d thereby, ’tis proper to refrain ;
“ If warm’d, you may repeat the plunge again :
“ Cold-bathing spirits, health and strength re-
stores,
“ Removes obstructions, and unlocks the pores ;
“ In rheumatisms and trembling limbs, ’tis good,
“ But dangerous in gouts and spitting blood.
The verdant lawn, the fountain’s chrystal stream,
And splendid mirror, comfort vision’s beam.

From wind detain'd four dire diseases grow,
Convulsion, cholic, dropsy, vertigo.

The stomach is by heavy suppers pain'd,
From light, a comfortable sleep is gain'd.

'Tis wrong to eat and charge the stomach more
Ere it digest the meal receiv'd before.

If nature in keen hunger's voice declare
A want of food, supply; if not forbear.

“ Whoe'er to an uneasy fullness feeds,

“ Digestion injures and diseases breeds;

“ A moderate meal affords more wholesom blood

“ Than over-charging with a load of food.

“ E'en springs of steel, elastic, quick and strong,

“ Lose all their energy, compress'd too long;

“ Permitted frequent liberty of play,

“ Strong they remain, nor slothful rusts decay:

“ The stomach thus unloaden of remains,

“ From frequent vacancy fresh vigor gains.

“ O that voluptuous men could comprehend

“ How hunger every food can recommend!

“ No sauce, art ere contriv'd, such pleasure brings

“ As appetite; nature's great sauce of things!

GOD

" God feeds the hungry with sufficient bread,
 " And sends the rich away more scantily fed.
 " Under the sun one curse offends my sight,
 " Rich gluttons starv'd for want of appetite :
 " Were hunger's shrine it's due oblations paid,
 " Physicians might be raggedly array'd,
 " And pharmacy would prove a starving trade. }

Pears, apples, peaches, milk, cheese, season'd meats,
 The flesh of deer, goats, leverets and neats,
 Are food which melancholic bile afford ;
 Expel such mischiefs from a sick man's board.
 Tho' plainer fare, more wholesomely he'll dine
 On new laid eggs*, good broths and gen'rous wine.

The

* Our author frequently recommends fresh eggs. F. Hoffman
 says, that ' Eggs contain the most subtil flower of the transparent
 ' gelatinous lymph, which holds the nearest affinity to nourish-
 ' ment, therefore they immediately turn to aliment. Fresh tender
 ' eggs afford a nourishment which speedily distributes itself into
 ' the blood, according to the school of Salerno, in the above verse.
 ' Yellow eggs contain more oily, heavy, sulphurous particles ;
 ' white ones are more limpid, mucilaginous and homogenous to
 ' the blood. If therefore there be such a thing as an universal
 ' aliment, 'tis certainly eggs. They have also the farther advantage
 ' of enriching the semen. They are particularly excellent in soon

re-

6 THE ŒCONOMY

The parson's buxom daughters, plump and young,
Select their tythe-eggs white, new laid and long.

New cheese, good milk, with bread of wheat's
found grain ;

Of beasts the marrow, testicles and brain ;

Fine pork, rare eggs, and foods of daintier kind ;

Delicious wines, and figs of purple rind,

With grapes mature, full swelling from the vine ;

All yield a copious aliment and fine.

Good wine is known by it's delightful smell,

Transparency, warmth, sparkle, tasting well ;

restoring a constitution which has suffered from abundant hemorrhages, or a fever. So Salmoth also recommends fresh eggs to those who have been blooded. Aged people, who stand in need of good nourishment of easy digestion, find the greatest advantage from eggs. On the contrary, we interdict them to all those whose first passages abound with a predominant acid or bile ; because it is pernicious to nourish an indisposed person. It may not be amiss to observe, that new-laid eggs are easily known by their transparency, and the white, in boiling, soon turning to a milky appearance. Horace mentions this criterion of good eggs as known amongst the Romans of his time, who were studious of good eating.

Longa quibus facies ovis erit, illa memento,
Ut succi melioris & ut magis alba rotundis
Ponere,

Sat. iv. lib. ii.

Rich

Rich in it's flavour, racey by it's year,
'Tis fresh, full, fragrant, forcible and fair.

Sweet white-wines nourish most ; by red 'tis found
The voice is roughen'd and the belly bound :
The better wines we drink, still shall we find
The juices thence obtain'd, of better kind.
Thick heavy wine but makes the body dull ;
If bright it be, old, subtil, ripe and full,
With moderation drank, and water due,
The pleasing be'vrige proves an wholesom too.

“ Good water by this easy rule we tell,
“ It is devoid of colour, taste and smell.
Of beer the hard avoid ; the mild and stale,
Well brew'd of chosen corn, is noble ale.
“ Talk not of sly Cadogan, who to gain
“ That interdicted cup himself wou'd drain,
“ In sacerdotal tone and deep design,
“ Persuades you, fools alone indulge in wine :
“ Yet doth it please that Esculapious more
“ His shrine should flow with crimson wine than gore.
“ Out with such raving insolence of phrase !
“ It thwarts all proof in our illumin'd days ;

“ What-

“ Whate’er GOD’s grand fiat caus’d to be,
“ Is good in it’s distinction and degree :
Our rule maintains by fact’s unerring test,
That drink which best agrees with you the best.

Horfe-radish, garlick, wallnuts, pears and rue,
With treacle join’d, all poisonous pow’rs subdue :
Whoe’er eats garlick first each morn, may bear
Unharm’d, each change of water and of air.

The situation of your house be clean,
In air untainted, temperate and serene ;
“ Fenc’d from the North and more pernicious East,
“ And fair expanding to the South or West ;
“ (Your chambers all from mold and moisture free)
“ Plac’d on some gentle hill’s acclivity ;
“ Mild zephyrs keep their wanton revels there,
“ And bandy round the salutary air ;
“ No thick and gloomy woods impede their play,
“ Or stagnant lakes corrupt the breath of day :
“ Well drain’d be each adjacent marsh and fen,
“ A paradise to frogs ! they poison men.
“ No neighbouring mines emit their venom’d breath,
“ Nor graves to vomit pestilential death :

Blest

- ‘ Blest vegetation spread her charms around,
- ‘ And balsam-breathing shrubs perfume the ground.
- ‘ When jocund morn above the eastern hills
- ‘ With golden censur incenses the fields,
- ‘ In glorious profusion flinging round
- ‘ The joyful light, her steeds with garlands crown’d!
- ‘ Their breath ambrosial and their harness fire!
- ‘ Her chariot ruby-deck’d, let her admire,
- ‘ In all her pomp, thy saffron-breathing lawns,
- ‘ Thy violet borders and thy thyme-clad downs,
- ‘ Delighted with their fragrance, let her tell
- ‘ Thy balmy sweets, her own perfumes excel;
- ‘ With woodbine, myrtle, juniper and broom,
- ‘ Let roses blend their aromatic bloom.
- ‘ Nor to the morn alone this tribute pay,
- ‘ With equal sweets delight descending day:
- ‘ Thy western lands with spicy plants adorn,
- ‘ Make evening’s breeze delicious as the morn:
- ‘ The primrose, sweetest of the vernal race,
- ‘ And eglantine, rejoice th’ odorous place;
- ‘ It’s volatile spice the rural hawthorn blend;
- ‘ Their sylvan fragrance blossom’d beans extend:

C

Thus

‘ Thus ev’ry point from Zephyr’s flow’ry wing,
 ‘ Inhal’d upon thy blood, shall balsam fling.

In Spring too liberal noontide meals forbear ;
 In Summer still more moderate be your care :
 When Autumn with delicious fruits invites,
 Cautious indulge those dangerous delights ;
 But nature, when keen Winter prompts, requires
 More copious meals to satiate her desires.

Let sage and rue infus’d, your drinks improve,
 With added roses, cool the flames of love.

If you be sick sojourning o’er the main,
 Wine with salt-water drank, restores again.

Salt, pepper, parsley, garlick, wine and sage,
 Yield sauces which may ev’ry taste engage.

By purity the body health attains,
 Ablution both refreshes it and cleans :
 The table mov’d, the fountain’s splendid stream
 Delights the hands and brightens vision’s beam.

Your * bread be neither new nor over stale,
 Well leaven’d, honey-comb’d and baked well,

Spa-

* Bread is so essential a part of our food, that it would be unpardonable to omit this opportunity of exciting the public attention

Sparingly salted, made from chosen grain ;
 The crust breeds choler, from the crust refrain :
 “ Bread fairly thus composed, sound and good,
 “ Is the true staff of life, the soul of food !
 “ Such was the bread in our forefather’s times,
 “ Ere Heav’n in vengeance for superior crimes
 “ Permitted evil arts—with chalk and bones,
 “ And allum join’d, to turn our bread to stones.
 “ It’s look cadaverously pale and crude ;
 “ It’s taste an acid, by much salt subdu’d :
 “ Instead of helping to digest our meat,
 “ It is the very heaviest thing we eat :
 “ To infants death, to man disease it brings ;
 “ Reproach to law, pain to our best of Kings.
 “ But ye vile bakers, who these arts employ,
 “ Reflect—yourselves (as those ye kill) must die ;

tion towards the arts of making it, as now too generally practised
 by the bakers about London. The adulterations employed in
 this important general part of our food, are too abominable, too
 deadly to be mentioned. Physicians have exclaimed against
 them, and new laws have been made to prevent these abuses,
 and yet they continue daily to destroy the people. But is mur-
 der to be suffered, to enrich the perpetrators only, at the hazard of
 an easy pecuniary fine ?

“ Arraign’d ’fore Heav’n’s Great Judge ye must
appear,

“ And killing will be constru’d murder there.

“ Tho’ harder than your loaves your hearts be
known,

“ There is an oven hotter than your own ;

“ A dungeon horrible beyond whate’er

“ Fancy can represent or words declare !

Better on mutton than on pork regale,
Except some generous wine corrects the meal ;
Thus meliorated pork is exc’lent meat,
The sick man’s med’cine and the sound man’s treat.
The entrails of the hog more wholesome are
Than those of any other beast by far.

Crude wines, and recent from the press, are known,
By sad experience, to produce the stone ;
From them the belly laxity obtains,
And stoppages the liver, spleen and reins.

‘ Cyder and perry racy, mild and prime,
‘ Full-mellow’d by the softening pow’r of time,
‘ Are most salubrious be’vrage, never known
‘ To torture men with gravel, gout or stone :

But

- ‘ But if by chance, or execrable deceit,
- ‘ Copper infuse, or lead contaminate,
- ‘ Unjustly then the drinkers may defame
- ‘ These liquors, when those poisons they should blame:
- ‘ Whene’er those metals touch the fatal draught,
- ‘ *Memento mori* on the bowl be wrought,
- ‘ How eminently curst the wretch who drains !
- ‘ Murder’d with cholics crucifying pains :
- ‘ Sometimes with quick dispatch these poisons slay ;
- ‘ But when they kill by torturing delay :
- ‘ The wretch by giant rheumatism assail’d,
- ‘ Is on a bed of burning iron nail’d ;
- ‘ His fractur’d bones, and joints unstrung, to mourn,
- ‘ And flesh as if by dogs voracious torn,
- ‘ Whilst dismal pangs his tortur’d limbs invade ;
- ‘ Death is his desperate wish, and that delay’d.
- ‘ Excess in liquor harms the body less,
- ‘ Tho’ more the mind, than eating to excess :
- ‘ Preposterous exchange ! when men resign
- ‘ Their godlike reason, for a cup of wine !
- ‘ Ebriety’s a palsy of that kind,
- ‘ It seizes both the body and the mind :

Oppro-

- ‘ Opprobrious idiotism ! rendered worse ;
- ‘ As voluntary this unpity’d curse :
- ‘ The fault’ring tongue ! the visage all awry !
- ‘ Infirmary of limbs ! and vacancy of eye !
- ‘ Thus to disgrace the human form divine ;
- ‘ To murder sacred reason in her shrine ;
- ‘ To scorn Heav’n’s best endowments of the soul ;
- ‘ To poison nature with a lustful bowl ;
- ‘ To give to health the impotence of pain ;
- ‘ And to an idiot’s turn the wisest brain :
- ‘ Who thus the dignity of man destroys,
- ‘ Deserves not to be well, for scorning to be wise :
- ‘ Shame and remorse inflict a sorer wound,
- ‘ Than viper’s tongue or scorpion’s tail ere found.
- ‘ Others there are who drunkenness may blame,
- ‘ And yet themselves are in a worse extreme,
- ‘ Respecting corp’ral sanity ; and these
- ‘ No pleasures like voluptuous eating please ;
- ‘ Who ne’er consider nature satisfy’d
- ‘ ’Till appetite be totally destroy’d.
- ‘ To these we recommend it meet to sign
- ‘ Sagaciously, their wills, before they dine,

To

- ‘ To apoplexy prone ; this ugly guest
- ‘ Too oft intrudes upon the glutton’s feast :
- ‘ And should he these terrific visits shun,
- ‘ The hour-glass of his time must soon be run.
- ‘ Let him contemplate what this glass contains,
- ‘ His sands are told by miseries and pains !
- ‘ Sure as excess doth indigestion cause,
- ‘ So indigestion to distemper draws :
- ‘ A well adapted meal sound nurture brings,
- ‘ But over-charging spoils the vital springs.
- ‘ What then avails the lust-provoking board,
- ‘ Rich turtle, savory pies of perigorde ;
- ‘ Ham pasties, dories, ortolans and quails ?
- ‘ Let folly riot—wise men shun such meals.
- ‘ Pregnant of evils as the weekly bills,
- ‘ Excess with every distemper kills ;
- ‘ But temp’rance, like the aroph of the wise,
- ‘ Good health possess’d secures, or lost supplies.
- ‘ Tho’ fortune at our feet exhaust her stores,
- ‘ And wealth, surpassing Clive’s, around us pours ;
- ‘ Tho’ glory’s trumpet far extend our fame
- ‘ Beyond a Cato’s or a Chatham’s name,

Or

- ‘ Or Apfely’s incontaminably juſt !
- ‘ Clear to decide ! and perfect in his truſt.
- ‘ Let fame intoxicate the ear of pride,
- ‘ Let wealth from mortal ken our frailties hide,
- ‘ Or give us virtues which we never knew,
- ‘ And crowd with ſycophants to ſwear ’em true.
- ‘ Pitt’s ſenate-wielding eloquence were vain
- ‘ To mitigate inexorable pain ;
- ‘ And Stanhope’s form, where elegance and grace,
- ‘ (Arm’d with the keenest lovelineſs of face,
- ‘ E’en in the frigid zone old age might move,
- ‘ And nature’s tribute antedate to love ;)
- ‘ Loſt, where the rays of health no longer ſhine,
- ‘ E’en Stanhope’s form appears but half divine :
- ‘ For health not only heightens beauty’s charms,
- ‘ It willing victims gives and lends prevailing arms.
- ‘ Health is the ſalt of life, which unpoſſeſ’d,
- ‘ What nature gives, or fortune, loſe their zeſt :
- ‘ CHRIST’S godlike miracles were all confin’d
- ‘ To health and ſimple foods, giv’n to mankind ;
- ‘ Riches and honors, as inferior things,
- ‘ He left, ill gain’d, to thoſe who flatter kings.

Who-

Whoe'er drinks water only with his meals
Impedes digestion and the stomach chills ;
But gen'rous liquor, taken with our food,
Promotes digestion, renovates the blood,
And is, whatever Cheney tells you, good.

Fine veal is dainty meat, but greatly spoil'd,
If by the butcher's dubious breath defil'd.

The pullet, capon, turtle-dove and quail ;
Gay pheasants, woodcocks, partridges and teal ;
The sprightly heathcock, and the brown moor
game ;

Gray plovers, wheat-ears, pigeons wild or tame ;
Fat curlews, snipes, and fen-fed mallards are,
Discreetly eaten, salutary fare.

“ Nor sacrifice the ears, opprobrious wrong !
“ Insulting nature ! to indulge the tongue !
“ Ye then voluptuous Epicures, O spare
“ The feather'd pilgrims, minstrels of the air !
“ These were not sent for food ; kind Heav'n to these
“ Has lent more elevated pow'rs to please ;
“ They cheer the woodlands, glad the lab'ring hind,
“ And charm in man a melancholy mind.

D

Fishes

Fishes of nature soft and flabby, use
Full-grown; if firm and hard, the young ones chuse.
Good fishes are perch, tench, soals, whittings, dace,
Smelts, gudgeons, carp, with rockets, trouts and
plaife,

And pike, that king and tyrant of the floods,
Which all afford nutritious wholesom foods.
To sages, deep in nature skill'd, 'tis known
That eels impair the voice's manly tone ;
E'en cheese itself were not an heavier meal ;
Drink wine, drink largely, to digest an eel.

Your foods with frequent draughts of liquor
blend :

If eggs you eat, the fresh we recommend.

Pease our encomium and our censure claim ;
Eat properly, we praise ; unduly, blame :
Stript of their coats, all pulse are safely eat ;
But in their skins, are crude and windy meat.

' Morels and mushrooms, of immediate birth,
' Are but the pois'nous excrements of earth ;
' Essence of dirt ! too frequently they prove,
' Like upstarts, fatal to the men who love :

Their

- ‘ Their mischiefs are too num’rous to declare ;
- ‘ The tombstones shew them—you may see ’em there.
- ‘ Trouffles are very wholesom—for the pig,
- ‘ God gives him scent to hunt, and snout to dig ;
- ‘ Conceal’d in earth, they seem but form’d for swine,
- ‘ Yet envying gluttons stoop with these to dine :
- ‘ The very prodigal had been disgrac’d,
- ‘ Had he of trouffles robb’d the grunting beast :
- ‘ Better return to slighted sense again,
- ‘ Suffic’d with plainer foods of wiser men ;
- ‘ The spongy trash resists the stomach long ;
- ‘ Too weak to nourish ; to digest too strong.

Where ulcerous lungs and feverish hectic blood,
Too fatal phthisis show, be milk the food ;
Of this balsamic stream, the ass supplies
That deem’d the most salubrious by the wise :
To this, in worth, the camels next succeeds ;
Then that of goats, which coarser juices breeds :
A richer milk the cow and sheep produce ;
But head-achs this, or fevers must not use.
In fevers butter too pernicious proves ;
Else, lenitive, it moistens and it moves.

Whey cleanses, penetrates insides and scours ;
 Cheese, cold, gross, hard, impedes th' expulsive
 pow'rs :

The healthy well on bread and cheese are fed ;
 The sick are interdicted cheese and bread.
 There are unworthy physic's glorious name,
 Who ignorantly cheese in gen'ral blame ;
 Those better practis'd in the healing lore,
 Say, after meals, it helps digestion's pow'r.

- ' The modern breakfast us'd by each degree,
- ' Is either coffee, chocolate or tea.
- ' Coffee the blood inflames, creates sour wind,
- ' The fancy fires, exhilarates the mind :
- ' The cholic it exasp'rates, and seems prone,
- ' By constant use, to generate the *stone*.
- ' It's curdling acid entering the veins,
- ' Provokes the misery of rheumatic pains :
- ' The nerves it irritates, and to the eyes
- ' A temp'rary brilliancy supplies :
- ' It makes the juices thick ; like a flow bane,
- ' Destroys the dry, the bilious and the lean.

Of

‘ Of chocolate we next advance to show,
‘ The good and bad experience bids us know ;
‘ Too rich for weak digestion’s pow’r to bear ;
‘ It’s oily parts the appetite impair :
‘ Small force, but much fallacious fat it gives,
‘ When nature with complacency receives :
‘ Plump people this indulgence should refrain ;
‘ ’Tis only for th’ attenuated and lean.
‘ Where sharp defluctions, coughs incessant tease,
‘ Marasmus, atrophy, or tabes preys,
‘ This food salubrious proves : but where dull pain
‘ Afflicts the head, or vertigo the brain ;
‘ When fancy’d vapors float before the eyes,
‘ Or meet us with imaginary flies ;
‘ Or heat and thirst a fev’rish fire bespeak,
‘ ’Tis rash to wish, insanity to take.

‘ Of tea the many mischiefs should I shew,
‘ So num’rous are they, and so fatal too,
‘ The boldest quack, who swaggers forth his feats,
‘ Would blush to add such impudence to cheats ;
‘ With murder satisfy’d, his wayward soul
‘ Dares not pretend to cure so long a roll.

Well

• Well for this land, the babes unborn may say,
 • Had Britons ne'er been vitiated with tea :
 • Had it been flung in ocean, or to wind,
 • Or to their foes sagaciously consign'd.
 • Green tea in noxiousness bohea exceeds ;
 • But if you would be well—avoid these weeds.
 • The liquor from them drawn enervates man ;
 • Perverts his bloom of countenance to wan ;
 • Th' enamell'd iv'ry of the teeth destroys ;
 • With dim suffusion veils th' enfeebled eyes.
 • Takes from the stomach it's organic tone ;
 • It's curling glories from the vacant crown ;
 • Of steady fortitude the hand bereaves,
 • And nights of disappointed slumber gives.
 • From this the nerves unwonted tremblings seize ;
 • The blood's balsamic energy decays—
 • The fibres are relax'd, refin'd and worn :
 • Whence mortals' maladies unnumber'd mourn.
 • The dropsy in a deluge, and yet burn'd !
 • Palsy to infant feebleness return'd !
 • Hence apoplexies oft derive their cause,
 • Which, like God's thunder, burst thro' nature's

laws :

Hence

- ‘ Hence frequent impotence in men we find ;
- ‘ Hence barrenness, reproach of womankind.
- ‘ It brings the woes, without the goods of age ;
- ‘ The head it renders tremulous, not sage :
- ‘ Dims the keen radiance of beauty’s eye ;
- ‘ To morphew’d pale perverts her rosy dye :
- ‘ Corrodes th’ enamell’d polish of the teeth ;
- ‘ Pollutes the violet of the virgin’s breath :
- ‘ The graceful ringlets, venom’d by this weed,
- ‘ As leaves th’ autumnal trees, desert the head :
- ‘ It wears the frame, and gives, in spite of time,
- ‘ Wrinkles in youth, decrepitude in prime.
- ‘ But sure he sings a nugatory song,
- ‘ Who tells us simply when we journey wrong,
- ‘ And leaves us little mended in our plight,
- ‘ Except he sets our wand’ring steps to right :
- ‘ E’en so the sage divine, who much displays
- ‘ Upon our bad, should instance better ways ;
- ‘ Lewd scoffers else ungraciously may join
- ‘ To spoil his sleep, who gave ’em—*anodyne*.
- ‘ Away with China’s weeds ! let Britons know
- ‘ Their native soils more noble plants bestow :

These,

- ‘ These, like chaste virgins, heal us with a kiss ;
- ‘ Like artful harlots, those sell deadly bliss.
- ‘ Salubrious fage gives to the palate joy,
- ‘ Strengthens our nerves, and animates our eye.
- ‘ Balm can the pleasing charms of youth detain,
- ‘ Retards old age, and all it’s ugly train ;
- ‘ O’er feverish fire it’s cooling pow’rs prevail ;
- ‘ It’s taste delights us whilst it’s virtues heal :
- ‘ Should nectar fail in Heav’n, could Hebé think
- ‘ Of ought more charming for his Gods to drink,
- ‘ Than balm infus’d ? but if to these we join
- ‘ John’s-wort, of num’rous virtues, and divine ;
- ‘ With wild thyme, aroma of forest air !
- ‘ The cordial of the shepherds past’ring care !
- ‘ From these a far more grateful be’vrage flows,
- ‘ Than craft of oriental lux’ry knows :
- ‘ Should wisely this the gen’ral taste engage,
- ‘ ’Twou’d beggar half the doctors of the age.

To drink ’twixt meals is bad : but when you dine,
With small and frequent draughts salute the wine.
If midnight pains and mis’ry you would shun,
Your supper be with liquid foods begun ;

And

* And still remember, tho' Apicius * drest,

* Your ev'ning meals, *the smallest is the best.*

Each egg you eat in a fresh draught be drown'd ;

Your fish with nuts, with cheese your flesh be crown'd :

One nut is good, another hurts, but still

A third there is so noxious as to kill.

The luscious treasure of the pulpy pear,

Tho' in full ripeness eminently fair,

Is but a dang'rous luxury ; the vine,

To medicate this mischief, yields us wine :

Wine still should follow pears, which are, if crude,

Poison ; if boil'd, theriacal in food ;

When bak'd, they help the stomach ; raw, oppress ;

Drink then with pears, and after apples, ease :

As nuts an antidote to poisons prove,

So wines the mischiefs of the pear remove.

If cherries ruby-lip'd and plump salute,

With virgin ripeness gushing from their fruit,

Your noontide board ; enjoy with decent care

Those vegetable charms, so simply fair :

* A Roman glutton, celebrated for his cookery.

They cleanse the stomach from impure remains,
Their kernels scour of sand or stones the reins ;
The rich carnation pulp, ambrosial food !
With added purity refines the blood.

Prunes ever laxitive and cooling prove ;
You may indulge your palate if you love.

New wine is diuretic, but inclin'd
To move the belly and ingender wind.
Sweet recent wines make peaches innocent ;
As raisins, join'd with nuts, their harm prevent ;
The reins from raisins benefit obtain,
They help the lungs, but detriment the spleen.

To knotted glands and scrophulous tumors bind
A poultice made of figs with poppies join'd ;
That anodyne consolidating flow'r
To fractur'd bones extends a fold'ring pow'r.
To love's endearments figs propitious prove,
They are a mild provocative to love ;
But children, who profusely on them feed,
Among their curls the silvery reptiles breed.

Urine is voided and a looseness stay'd,
By medlars ; most delicious when decay'd.

With

- ‘ With moderation nature’s gifts enjoy ;
- ‘ Us’d well, they all are good ; abus’d, destroy :
- ‘ Discretion hurtful things to good can charm ;
- ‘ But folly ev’n converts the good to harm.

Malt liquor makes men plump and full of blood,
Increases heavy strength, and juices crude ;
’Tis laxative and stimulates to stale,
But flatulence for ever follows ale.

Th’ effects of vinegar five lines comprise,
It moderately cools, and greatly dries ;
It chills the blood, doth melancholy breed,
Impairs the body, and destroys the feed ;
To tendons worn or dry it is a bane,
The plump it macerates and abrades the lean.

Turnips delight the stomach, wind expel,
And in a diuretic power excel ;
Th’ enamell’d iv’ry of the teeth they wear,
And gripe the belly, if not boil’d with care.

Of entrails, when considered as meat,
The heart, being muscular, is tough to eat,
Digesting tardily ; and still we deem
The maw most tender, nearest each extreme.

Salubrious nutriment is drawn from tongues ;
But what digests so easily as lungs ?

The pullet's brain is exquisitely good,
Above all others, salutary food.

When nature with intestine wind is griev'd,
She is by fennel's fragrant seeds reliev'd :
Four other pow'rs this noble plant extends,
Cold poison from the curdling veins it sends ;
Cleanses the stomach, gives in agues ease,
And animates the eye with brighter rays.

Sweet anniseeds, carminative and good,
The sight refine, and meliorate the blood.

Should life's bright current burst it's salient veins,
Spodium * with instant force the blood restrains ;

* There are several kinds of *spodium* mentioned by Pliny and other authors.—The mineral, used (tho' very seldom) by the surgeons, and commonly called *cadmia*, is a recrementitious production of fluxed copper-ore, not much differing in some of it's qualities from the *lapis calaminaris*, now generally substituted in it's place. But the *spodium* here recommended, and anciently so much celebrated, seems to have lost it's credit long ago as an internal medicine, or perhaps to be unknown, and therefore unnoticed in modern practice,

Joy to the liver spodium invites ;
Musk cheers the brain, and mace the heart delights.

When coughs and ulcerated lungs portend
Consumptions, pect'ral liqu'rish is your friend.

From galingale the stomach and the spleen,
From capers, both an healthy vigor gain.

Salt relishes our victuals, strength creates,
And counteracts putrescency in meats ;
Each favour drawn from other means offends,
But salt to all our food improvement lends ;

Yet in excess it dims the visual ray,
And wears the procreative pow'rs away ;
Produces prurient scabs upon the skin,
Pimples without, and scurvies dire within :
Salt ev'ry proper table should afford,
The first to grace, the first to leave the board.

Salt, sharp, and bitter qualities, inflame,
These other three a cooling virtue claim,
The pontic, the astringent and the tart ;
And other three maintain a middle part,
Thus oily, sweet, insipid things we find,
Assume the mediocrity of kind.

Wine

30 THE ŒCONOMY

Wine fops make fair the teeth, the eye serene,
Lean bodies fatten, render fat ones lean.

‘ All pastry (custards, cheese-cakes, tarts and pies)
‘ The stomach, when o’ercharg’d with butter, cloy ;
‘ But if the paste be made with proper care,
‘ Tarts, cheese-cakes, custards, pies are wholesom
fare.

‘ Puddings are also nutrimental food
‘ For all men, most for the consumptive, good :
‘ When acrimony in the blood prevails,
‘ Food frequently succeeds where physic fails.

One course of diet every man should use,
Except necessity forbids to chuse.
Well spake the Cöan sage *, when he declar’d,
Each change in diet’s order to be fear’d.

‘ Since then on diet health or sickness turn,
‘ The wise will mark what only fools can scorn.
‘ All physic is but temp’rance in disguise,
‘ And temp’rance is the physic of the wise :
‘ The just deduction argued from such rules,
‘ Makes med’cine the forc’d temperance of fools.

* Hippocrates, who was born at Coos.

- ‘ Excess untimely slays more people far
- ‘ Than famine, murder, pestilence and war :
- ‘ But ev’ry glutton should this rule retain,
- ‘ *More by the knife than by the cup are slain.*

How much you eat, how oft, what, when and
where,

Are objects each deserving prudent care.

- ‘ Three classes all the foods of man comprise,
- ‘ Which three from two of nature’s kingdoms rise :
- ‘ The VEGETABLE reign, the first explor’d,
- ‘ With plenty crown’d th’ unsanguinary board ;
- ‘ To this the SEMIANIMAL succeeds,
- ‘ For whose salubrious fare no creature bleeds ;
- ‘ Herbs, fruits and grain, milk, butter, eggs and
cheese,
- ‘ Blessings of industry ! rewards of peace !
- ‘ The third is ANIMAL, a dubious food,
- ‘ By lust invented at the price of blood.
- ‘ But hark ! the GOD of righteous vengeance
pleads,
- ‘ Denouncing short that life which life invades ;

Hence,

32 THE ŒCONOMY

- ‘ Hence, since mankind to prey on life began;
- ‘ Life’s period has been abridg’d to man.
- ‘ But why should we attempt our plan to raise;
- ‘ Or vindicate to man JEHOVAH’s ways?
- ‘ Was it the diet of the Samian sage*,
- ‘ Antideluvians blest with length of age?
- ‘ We dare not say, tho’ evident may be,
- ‘ Whence great Artephens drew longevity :
- ‘ The tree of life shall gloriously belong
- ‘ To Milton, who has tasted it in song.
- ‘ Our sober muse on humbler subjects sings ;
- ‘ Those arduous flights resign’d to bolder wings ;
- ‘ Assur’d a gem inestimable lies
- ‘ Involv’d in matter of the vilest prize.
- ‘ Milk then be drank with VEGETABLE things ;
- ‘ With SEMIANIMAL the limpid springs ;
- ‘ But if on sanguinary meats you dine,
- ‘ Fermented liquors quaff, or gen’rous wine ;
- ‘ Such are the several menstrua we find
- ‘ Prompt to dissolve our foods of ev’ry kind.

* Pythagoras born at Samos.

But

- ‘ But now—voluptuous artifice disjoins,
- ‘ By elevating fire, the soul of wines ;
- ‘ The liquid flame on wings of air sustain’d,
- ‘ Extends a pestilence ! to curse the land :
- ‘ E’en corn, perverted by th’ infernal deed,
- ‘ Destroys the people ’twas ordain’d to feed.
- ‘ Spirits ascending flagrant from the still,
- ‘ A subtile venom ! exquisitely kill,
- ‘ Tho’ chemic art cannot so high refine ;
- ‘ They’re fatal as the * *silvan gas* of wine :
- ‘ Tho’ not so quick, equally sure they slay,
- ‘ By dilatory death ; the worst, delay !
- ‘ In medicine indeed sometimes they are
- ‘ Of great effect, but instances be rare :
- ‘ And who makes these his drink, too soon shall find,
- ‘ Ruin’d his health, enervated his mind.
- ‘ It dries the blood, burns up it’s vital oil,
- ‘ Destroys digestion, petrifies the bile ;
- ‘ With thirst insatiable the tongue inflames,
- ‘ And damns our slumbers with infernal dreams.

* Consult Van Helmont and Boerhaave’s Chemistry.

34 THE ŒCONOMY

‘ The still, that Moloch of our modern days,
 ‘ More infants than the Syrian idol flays ;
 ‘ With this more curs’d concomitant indeed,
 ‘ The Pagan idol only flew the seed ;
 ‘ Superior lunacy, tho’ smaller zeal,
 ‘ Makes our’s more fatal to the common weal ;
 ‘ As that but ill-devoted infants flew ;
 ‘ This murders parents and the children too.
 ‘ Let others praise the faithful Indian dames,
 ‘ Who follow their fond husbands to the flames,
 ‘ Our marry’d fair such Pagan patterns hate,
 ‘ View with disdain, with prudence reprobate.
 ‘ Need we with admonitions grave and wise,
 ‘ Our dames against such rigorous love advise ?
 ‘ Too few the test of Indian flames admire ;
 ‘ Too many brave the curse of liquid fire.
 ‘ The silly moth around our taper plays,
 ‘ Glad of it’s warmth, enraptur’d of it’s blaze ;
 ‘ We drive it off, but spite of all our care,
 ‘ It still returns, returns to perish there.
 ‘ Dram-drinking of self-murder is the worst,
 ‘ Above the rest, emphatically curst ;

And

- ‘ And sure the wretch to such a vice inclin’d,
- ‘ Should be, like other lunatics, confin’d ;
- ‘ For who can reason, and not justly dread,
- ‘ What tortures them alive, and damns them dead?
- ‘ Who can express, without a pitying tear,
- ‘ The woes this vice inflicts upon the fair :
- ‘ Of yielding mind, and delicate of frame,
- ‘ Their texture clasps the pestilential flame ;
- ‘ And soon the melancholy victim mourns
- ‘ A deadly hectic, killing as it burns :
- ‘ The face of ev’ry beauteous trait disarms ;
- ‘ And what is woman destitute of charms ?
- ‘ Her dubious offspring, from th’ abortion’d womb
- ‘ Dram-poisoned, pollutes th’ untimely tomb.
- ‘ Her husband alienated ! her friends ashamed !
- ‘ Her heart with sorrow broke ! her mind unfram’d !
- ‘ And what still makes her mis’ry more complete,
- ‘ They blame who pity, blush who weep her fate.

Now drop we for a time th’ excursive pen,
And turn to our didactic theme agen.

Colewort in broth, the belly gently moves,
But, from the liquor prest, astringent proves.

36 THE ŒCONOMY

Mallows are laxitive, and gently cause
The female courses sublunary flows.

Mint is of sov'reign pow'r those worms to slay,
Whate'er their kind, which in our bowels prey.

Why dies that man whose garden sage adorns?
But Death, alas! stern Death each med'cine scorns!

' O for a vegetable that could save

' Departing life, and disappoint the grave!

' If earth's green bosom such a jewel bear,

' Blest sage is sure an object of our care!

Sage cheers the nerves, corroborates the frame,
Tremblings removes, and cools the febril flame.

Primroses, castor, lavender, with sage,

Cresses and tansey, stop the palsy's rage.

' Sage, the prime comforter of human kind,

' Gives to the body health, and vigor to the mind.

' Rue's noble plant extends the visual ray,

And on dim eye-balls pours serener day.

In man it mitigates the am'rous fire,

And kindles women into warm desire.

Rue points the wit, the fancy purifies,

And it's infusion living filth destroys.

Phy-

Physicians seem of onions not agreed ;
Great Galen has declar'd they choler breed :
Yet phlegm and indigestions they remove,
And strew fresh roses on the cheeks of love.
Their juice apply'd, the wastes of age repairs,
And cloaths bald temples with new pomp of hairs.
With vinegar and honey, pounded well,
They venom from the mad-dog's * bite expel.
‘ Onions and all porraceous plants are good,
‘ As favours ; bad, as a substantial food.

* Dioscorides Anazarbi Sentent. asserts, That onions, pounded with rue, salt and honey, are a remedy for the venom of canine madness. And Avicenna, 2 cano. cap. 122, says, Onions dispel the effects of poison taken in foods. Immersion in the sea-water, almost to suffocation, and properly repeated, has very seldom failed those who have confided in this severe operation. But these are not always certain in their salutary effects. And 'tis a great pleasure to consider, that now a most efficacious medicine is discovered for the cure of that deplorable malady. 'Tis to be regretted, that a full conviction of this truth, upon just experiments, doth not influence the legislature to effectuate the total abolition of that inhuman practice of smothering, which has been too commonly perpetrated upon the unhappy victims of this distemper. A just persuasion of certainty in the cure of this malady universally established (*as it most assuredly ought to be*) would, in future, prevent the cruel effects of such erroneous benevolence.

Tho'

Tho' small the mustard seed, 'tis hot and dry;
 Quells poison, clears the head, and floods the eye.

In various head-achs violets relieve;
 'Tis said, they even epilepsies drive.

Mild sleep to lull, to vomitings appease;
 To sooth old coughs, keen cholic's pangs to ease;
 The lungs from phlegm to rescue, to repel
 Such dull cold tumors as the belly swell;
 ' Nettles, tho' armed with envenom'd stings,
 ' Tho' trampled on by clowns, are sov'reign things:
 Their mighty virtues powerfully prevail,
 When gout or rheumatism the limbs assail.

Hyssop of phlegm exonerates the breast,
 And, boil'd with honey, soothes a cough to rest;
 It also renovates upon the face
 The vermil juvenility of grace.

Chervil, with honey stamp'd, to cancers laid,
 Abates their fury by it's lenient aid:
 It's juice, with wine, in belly-achs gives ease;
 Removes a flux, and vomitings allays.

Elecampane the heart with vigor cheers;
 And ruptures, drank with juice of rue, repairs.

To

To ease the gout and purge black bile, the wise
Of ancient times, wine charg'd with hill-wort || prise.

When alopecia strip the temples bare,
The juice of water-cress renews the hair;
Eases the tooth-ach's agonizing pain,
And, rubb'd with honey, beautifies the skin.

The parent swallow, or grave Pliny lies,
With celandine, first opes her young ones eyes.

The juice of willows dropt into the ear,
Destroys the vermin which engender there;
It's bark in vinegar will warts destroy;
But pregnant women * should the willow fly.

Blest vegetable gold! fair saffron can
Exhilarate the drooping heart of man;

|| The old English name for penny-royal.

* This implicit observation is another of those spots which tarnish the very meritorious work of the indefatigable Roman naturalists; and I verily believe the willow to be less dangerous to pregnancy than some other plants which, it is to be apprehended, are better known to many infanticidal empiricks than the sixth commandment of the decalogue, which, as it is very short, may not, if they can read, be unworthy their perusal, "Thou shalt do no murder."

Stiff

Stiff limbs with animating fire revive,
And from the liver all obstructions drive.

Thro' eating leeks young wives prolific grow ;
They stop a ruptur'd vessels sanguine flow.

Black pepper mends digestion, phlegm destroys ;
It warms, attenuates and rarifies.

White pepper wind dispels, cures coughs, drives
pains,

And of each febril impulse frees the veins.

After luxurious meals, or drinking deep,
The hearing suffers from indulged sleep.

Blows, falls, ebriety, colds, hunger, fear,
And vomiting, confuse the tingling ear.

Warm baths, coition, wind, smoak, light, fire,
pains,

Dust, bruises, lentels, mustard, pepper, beans,
Leeks, garlic, onions, all hurt, or destroy,
But watching most, that miracle ! the eye.

Rue, vervain, roses, fennel, celandine,
Distill'd, afford an eye-water divine.

When tortur'd with the tooth-ach's cruel pain,
Th' excruciating anguish to restrain,

Smoke

Smoke seeds of rue, of leeks and henbane mixt,
The fumæ directing where the pain is fixt.

Raw apples, eels, ebriety, nuts, oil,
And catching cold, the voice with hoarseness spoil.

Watch, labour, fast, cloath warm, inspire hot air,
Impacted wind expel, and drink forbear;

Regard these rigid precepts, and be sure
They tickling rheums and sharp defluxions cure.

With sulphur, orpiment, and lime combin'd,
Be added soap, proportionably join'd:

All ulcers yield to these united four,
If four successive times they fill the fore.

The skeleton of man distinctly owns
Two hundred and nineteen proper bones.
The teeth, compleated and in order due,
Are commonly in number thirty-two.
The tubes, which bear the crimson streams of life,
Enumerate three hundred sixty-five.

In man four humours all dominion claim,
Like the four elements in nature's frame;
Blood, choler, melancholy, phlegm they are;
Which to the elements we thus compare:

G

The

The melancholic is to earth inclin'd ;
 With water phlegm assimilates in kind ;
 The blood analogy to air maintains ;
 And choler, like the fire, in fury reigns.
 The blood warms, animates, and stirs like air ;
 As water phlegm doth moisten and impair ;
 Choler, like fire, the vital juice destroys ;
 And melancholy chills, like earth, and dries.

• The sanguine race are funny, plump and round ;
 Good men and true, where jollities abound :
 Companions boon ! how frequent they require,
 What news ?—for novelties they much admire :
 Charm'd with the fair, to potent wine inclin'd ;
 At feasts no churls to leave one friend behind.

* To this description of the four temperaments of mankind, which has been much noticed for it's accuracy, strength and elegance, the reader may not be displeased to see here subjoined an idea of the temperate complexion, as arising from an equable assemblage of the four humors producing a quintessential spirit—which is thus delineated by that great luminary of learning, and glory of our nation, Roger Bacon, cap. 12. De Prolongatione Vitæ,
 ' Their colour is made up of white and red ; their hair is red, or
 ' inclining to ruddy, curling in graceful ringlets ; their flesh,
 ' according to Pliny, he says, is moderate both in quantity and
 ' quality ; their dreams are delightful, their countenance chearful
 ' and pleasant, and their appetite for food laudable.'

With

With laughter pleas'd, buffoonery, jest or song,
And the droll language of a comic tongue :
Alert to learn, to anger hard to move ;
Their souls extend in bounty, joy and love :
Social, benevolent, bold and benign ;
Of count'nance florid, open and serene.

The phlegmatic are oft of stature squat,
Tho' short and broad, feeble and puff'd with fat :
(Phlegm gen'rates fat wherever it has place,
As plumpness indicates the sanguine race)
Heavy of gate and slow, of stupid mind,
Of maudlin eye, and drowsily inclin'd ;
Lazily sleepy, sluggards night and day,
And sloven streams their sputtering lips bewray :
Thus spitting much, and slothfulness prevail,
To fix their hue cadaverously pale.

The choleric are impetuous of soul,
Emulous of praise, impatient of control ;
Copious in feed, they soon to plumpness rise,
And with an aptitude to learn surprize.
Magnanimous and liberal in extreme,
At loftiest dignities they point their aim ;

Alert, perfidious, delicate and sly;
Their skins are hairy and of saffron dye.

Of melancholy next the signs we show—
Gloomly taciturne this man of woe;
His broken sleep terrific dreams affright,
With many a dreadful vision of the night;
Nocturnal vigils drain his pensive oil,
And slumber late relieves his studious toil.
Deep in his soul his purpose lies confin'd,
To dearest friends he dares not trust his mind;
Of disposition envious and mean,
Gains what he may, and keeps what he can gain:
Tho' tim'rous, slyly prone to fraudulent deeds;
An olive cast his visage overspreads.

These different humors, variously combin'd,
Diversify complexions thro' mankind:
Where phlegm predominates, the face is wan;
Dark olive marks the melancholy man;
The choleric a saffron tincture shows;
The sanguine emulates the blushing rose.

Yet where the sanguine humor runs too high,
The cheek it flushes and projects the eye;

Swoln

Swoln is the face, the man heavily dull,
His pulse returning frequent, soft and full :
A weighty pain his forehead chiefly grieves,
His tongue is dry, no drink his thirst relieves ;
His belly is with tight constriction bound,
Thro' bloody dreams his sleep becomes unsound.

Where choler holds dominion o'er the rest,
The right-hand is with frequent pains oppress'd ;
The ears oft tingle, parched is the tongue,
Their pukes are num'rous and their vigils long :
They thirst, they vomit, and of gripes complain,
And cruel heart-burns aggravate their pain ;
The pulse small, quick and hard, the blood in-
flames,
Bitter and sour their taste, and fires alarm their
dreams.

Superabundant phlegm these symptoms show,
The mouth runs o'er with an insipid flow ;
Pain'd are the stomach, occiput and side ;
The pulse beats seldom, tardy, soft and void ;
And when to sleep resign'd, deceitful dreams
Affright them with imaginary streams.

Where

46 THE ŒCONOMY

Where melancholy's furly humor reigns,
A fallow col'ring the complexion stains ;
Their mouths are bitter, bilious, belches rise,
And their ears tingle with a gurgling noise ;
The pulse beats hard, the urine limpid flows ;
They dream of fights, perplexities and woes.

When youths ascend to seven years and ten,
They are with safety blooded, not 'till then ;
Their spirits are by bleeding finer made,
And when they faint, wine lends restoring aid.
Life's crimson tide diminish'd, is renew'd
Sooner by liquids * than by solid food.
Convenient bleeding, prudently design'd,
Extends the eye in vision more refin'd.

The intellectual faculties and brain
Thereby become alert and more serene :
From thence the nerves a genial vigor cheers,
The stomach it befriends, the entrails clears ;

* So says Hippocrâtes, Aphor. II. sect. II. *Ῥᾶον πλεονεχθῆ, ποτὲ ἢ σίμῃ*, the reason is known to physicians, and is of little use to other people.

Corroborates the belly, sense improves,
Solicits sleep, and lassitude removes ;
The ears it quickens and the voice extends,
The body's pow'r reanimates and mends.

May, April and September, some declare,
Months when we ought the lancet least to spare ;
But most they recommend the month of May,
On the first morn, to draw the blood away :
In April and September they admit
No days for bleeding like the last are fit.
In these three months they hold the moon presides,
Parent of floods, and governant of tides ;
But let them idly note the days to bleed *,
Or teach us when on geese to safely feed,

All

* Vid. Tissot de la Siegnée, p. 505. Avis au Peuple sur sa santé.

Bleeding is necessary only in four cases. 1. When there is too much blood. 2. In an inflammation, when there is in the body any cause producing, or about to produce inflammation, or some such accident, if the blood be not diminished, or the vessels relaxed by bleeding. On this account, 3. Bleeding is proper after bruises and contusions, and for pregnant women, if attacked with violent coughs. Precautionary bleeding is therefore also used in many other cases. 4. Sometimes to appease excessive pain, when even it may not arise from over fullness, or an inflamed

All times alike for bleeding may be good,
 Where prompts a superfluity of blood :
 These months, 'tis true, for those who would live
 long,
 To venisection call both old and young.
 In cold complexions and a frigid air,
 Or pains intense, we bleeding should forbear ;

flamed state of the blood, but by bleeding it may be a little mitigated, and proper time gained for the subduing the cause by other remedies. But as these two last reasons seem comprehended in the former, one may lay it down as a fixed rule, that an over measure, or an inflamed state of blood, are the two only reasons which can properly justify bleeding.—When both or either of these indications of bleeding exist, an attentive and skilful physician is the most proper judge. But in general, a preternatural heaviness and drowsiness after food—cessation of any customary hemorrhages—a full strong pulse—large veins in lean people—unusual redness of face—extraordinary heavy deep sleep, longer and less composed than common—a listlessness and inaptitude to motion or labour—some oppression in walking, palpitations sometimes attended with total digestion, and almost fainting, especially when in an hot situation, or after a little exercise—vertigoes, particularly when one stoops down one's head and raising it again suddenly, mostly after sleeping—pains of the head, not dependant on any indigestion in the stomach—a sensation of universal heat—a tickling uneasiness, chiefly when one is warm, attended with a prickling and restlessness—are all signs of necessity for bleeding.

After

After warm baths, or blissful love's regales,
 Long illness, computation, or full meals,
 Or when the stomach nauseates it's food,
 It is improper to reduce the blood.

Before a vein is prick'd, at hand dispose
 Such things as may be needful when it flows ;
 Stupes, basons, bandages and cloths be near,
 And princip'ly, divest the mind of fear.
 A pleasing cordial draught sometimes require
 The liquidating blood to reinspire ;
 Then if inflated swells the punctur'd vein,
 Unctions and lenient baths reduce again :
 The operation done, all action cease,
 And calm your spirits in the arms of peace.

Blood-letting soothes affliction, softens ire,
 And curbs th' extravagance of amorous fire.

A bold free orifice, not over wide,
 The best evacuates the salient tide ;
 Yet mark th' incision is not too profound,
 Lest you an art'ry prick, or tendon wound.
 * Nor for six hours indulge soft slumber's charm,
 For fear of injuring the wounded arm.

* Avicenna asserts, 'No man should go to sleep immediately
 'after blood-letting.'

H

It

It is improper to admit of food
 Immediately after letting blood :
 All meats prepar'd from milk you must avoid,
 And drinking, ill succeeds life's ebb'd tide.
 A cold and foggy air, or falling rain,
 Are dangerous after opening a vein ;
 But a serene and temp'rate air is good,
 Like peace and rest, to follow letting blood.

In all acute diseases, let a vein
 Be open'd at the moment they begin.
 When man is vig'rous in his prime of years,
 The blood a plentiful reduction bears ;
 But for the feeble, aged, or the young,
 To bleed, save very sparingly, is wrong.
 When lusty Spring begins her jolly prime,
 Draw twice the blood * of any other time.

In

* Gentle physic is generally found to agree with people advanced in years better than bleeding. Johannes Damascenus, in his Aphorisms, says, ' Let every man, in his youth, open a vein
 ' four times a year ; at 40 years old, three times ; at 50 or 60
 ' years of age, only once ; but it is improper when that period of
 ' life is elapsed. He adds, after the 45th year, the cephalic vein ; after
 ' the 60th, the median ; and after the 70th, if they bleed at all,
 the

In Spring and Summer the right arm * be ty'd ;
 Autumn and Winter claim the other side :
 The head, the heart, the foot and liver are
 Blooded at diff'rent seasons of the year ;

Sum-

' the basilick is not to be opened.' Hoffman says, ' I have
 ' known many men, who were arrived at 80 years of age, who
 ' have preserved themselves from the miseries of that advanced
 ' period merely by bleeding twice a year. The usage of the
 ' Swiss to bleed every year to fourscore, and even to 90 years
 ' of age, is an incontestable proof it is not hurtful to old age.
 ' Wepfer, in his treatise on the apoplexy, particularly recommends
 ' it. Primerose also speaks much in favour of it ; and Direbeck,
 ' in his 1st observat. gives three instances to prove that men of
 ' 80 years of age, can easily bear bleeding, either in inward com-
 ' plaints or external injuries.'—However, he concludes this obser-
 vation with adding, ' But it is improper to recommend bleeding
 ' to old men who are feeble, languid, or who have lost their
 ' appetite, and whose stomachs and intestines are in a state of de-
 ' bility ; but more especially to those who are attacked with any
 ' chronical disease.'

* Altho' since the grand discovery of the circulation of the
 blood, by that indefatigable investigator of the animal œconomy,
 and great luminary of the healing art, Dr. Harvey, local bleeding has
 not been very strenuously insisted upon or defended—yet there might
 be adduced many instances which afford such strong reasons in sup-
 port of it's efficacy, when judiciously directed, as seem to shew it's
 disuse by no means a commendable retrenchment of the ancient
 practice : of this a medical man may fully convince himself, if

Summer the liver, Spring best suits the heart,
 Winter the head, Autumn th' inferior part.
 Th' incision of the salvatella vein,
 Unloads the liver, breast, præcordia, spleen;
 When hoarse, phlebotomy the voice improves,
 And from the heart oppressive weight removes.
 ' But whilst you read these rules, remember still,
 ' Innocent blood 'tis dangerous to spill;
 ' Nor bleed, save well advis'd; record my word,
 ' *The lance has slain as many as the sword.*

he pleases to consult Severinus de Efficac. Medicin. ex Angiolog.
 c. 26. p. 62. Hollar Comment. in Hippocrat. Aphorism. 36.
 sect. 4. And the learned Fr. Hoffman, on bleeding, thro' the
 whole piece. Theorem x. he expressly recommends bleeding in the
 temples, under the tongue, in the neck, in the forehead, or in
 some adjacent part, for pains in the head.

In a debilitated state of the body, the impropriety of using
 the lancet is very apparent. Neither is it good to let blood
 upon plentiful drinking, or a full meal; for the blood drawn
 away soon after eating or drinking, is sometimes of so pale an
 appearance as to seem more than half of it nothing but chyle,
 and that the basin did not contain blood, but a mixture of blood
 and milk, which has been known greatly to alarm both the
 patient, and even the surgeon who performed the operation.

In headachs from debauches, which precede
Acutest fevers, water gives great aid.

If Summer's sultry heats the head offend,
And with fierce pains the crown or forehead rend,
Mild frictions to the front or temples give,
And stupes of garden nightshade soon relieve.

In Summer's heat, long abstinence from food
Impairs the body and exhausts the blood.

* A monthly vomit exquisitely scours
The stomach, and invigorates it's pow'rs.

† Four sev'ral seasons mark the circling year,
These Spring and Summer, Autumn, Winter are.

In

* Our author seems to have borrowed this piece of advice also from Avicenna, who says, 'Hippocrates recommends an emetic
' twice every month, on successive days, that the second may ef-
' fectually scour the stomach of any remaining filth which the
' first could not dislodge. It cleanses the stomach from phlegm
' and choler, and preserves health.'

† The ever admirable Hippocrates, lib. de Aere locis & Aquis,
p. 143, observes, 'That whoever would understand physic, it
' is first necessary he obtain an exact knowledge of the seasons
' of the year, and then their influence upon the human body.'

And

In Spring the air b'ing temp'rate, mild and good,
 No time is fitter to evacuate blood;
 Then neither toil nor due purgation spare,
 And then indulge in pleasures with the fair;
 With well concerted baths the body clean
 From fordid filth, unwholesom and obscene.

In Summer, heat exhausts our burning veins,
 When choler in it's fiercest fury reigns;
 Then mildest foods and slender drinks enjoy;
 Then baths and bleeding as destructive fly:
 With diluent fluids nature's wastes repair;
 Take rest, and shun soft dalliance with the fair.

‘ THUS various are the articles which can
 ‘ Abridge or multiply the days of man.
 ‘ Good are all creatures in their proper use;
 ‘ 'Tis man to ill perverts them by abuse.

And in another place, lib. 4. p. 1138. de Morb. Epidem. he says,
 ‘ We ought to know the constitutions of the air, what they are,
 ‘ and in what times and regions they most apparently operate ’ He
 says likewise, lib. de flatibus, p. 297, ‘ Distempers seldom arise
 ‘ from any other cause than the air, for either it is too much,
 ‘ or too little, or abounds with infectious impurities.’ But here
 he must be understood to confine this observation to epidemical or
 endemic diseases only.

What

- ‘ What is there upon earth we mortals know,
- ‘ Or good or bad, but using makes it so ?
- ‘ The salutary precepts we dispense,
- ‘ Are eccho’d by the voice of common sense :
- ‘ Who then deserts this course of wholesom rule,
- ‘ Owns to himself, himself to be a fool.
- ‘ What do the deepest learn’d physicians know,
- ‘ To make men healthful, and to keep ’em so ?
- ‘ The sum and principal of their advice,
- ‘ Is temp’rance, peace of mind, and exercise ;
- ‘ Their volumes turn’d, expect you more to find,
- ‘ Than temp’rance, exercise, and peace of mind ?
- ‘ And thou, illustrious Prince, whilst sordid kings,
- ‘ With mad ambition, grasp inferior things,
- ‘ To nobler studies dedicatest thy youth,
- ‘ T’ explore the treasures of time and truth ;
- ‘ Adorning prudently thy copious mind
- ‘ With gems of more than sublunary kind ;
- ‘ O condescend to grant a gen’ral prayer !
- ‘ *Make health one object of your early care :*
- ‘ Nor scorn these candid rules receipt may find
- ‘ In your capacious treasury of mind.

56 THE ŒCONOMY

' For what avails the knowledge we may gain ?
 ' The eminence of learning's envy'd reign ?
 ' Tho' wisdom's loftiest altitudes we pass,
 ' And take a view of nature's *mistic glass* ?
 ' Altho' your temples were with laurels bound,
 ' With orient gems in gold barbaric crown'd ?
 ' Ah ! what avails the scepter and the ball,
 ' The purple mantle, and the gorgeous pall ?
 ' What tho' your navies ocean's wastes command,
 ' And your triumphant banners o'er the land ?
 ' Tho' equal to your peoples hope you prove,
 ' Endear'd by ev'ry virtue to their love ;
 ' Should all these trophies aggrandize your reign,
 ' Lost are their charms, if health you seek in vain ;
 ' Deficient this, all taste for glory dies ;
 ' 'Tis *trouble* to be great, and *mis'ry* to be wise.

F I N I S.

7 HA 68

